April 30, 2021
Issue #51

Our Spring Art Issue

FEATURING:

BRENDA OELBAUM
BRIAN TAYLOR
JOAN SKOLIMOWSKI
SANGCHEN TSOMO

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

From seed to flower!
Watch a Sunflower grow

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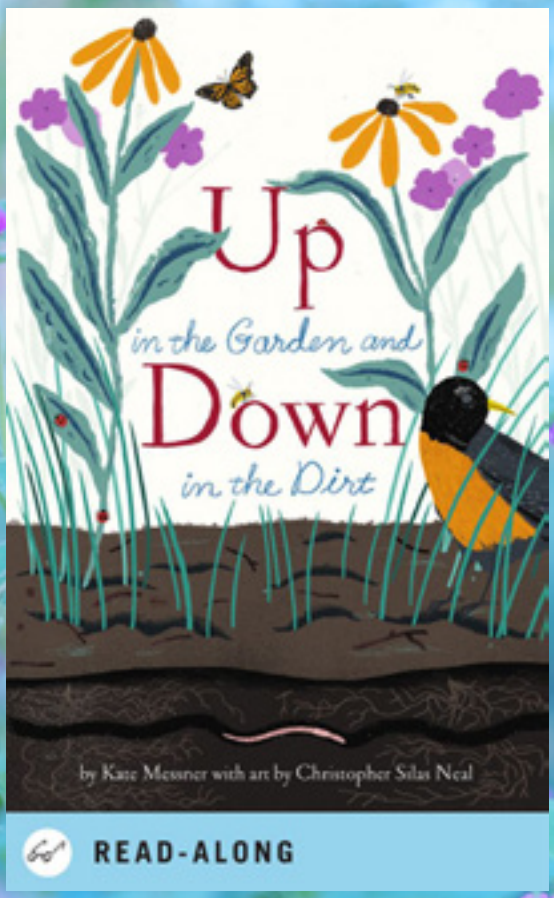
The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!



This Week's Ebook

Up in the Garden and Down in the Dirt by Kate Messner, Christopher Silas Neal

In this exuberant and lyrical follow-up to the award-winning ***Over and Under the Snow***, discover the wonders that lie hidden between stalks, under the shade of leaves . . . and down in the dirt. Explore the hidden world and many lives of a garden through the course of a year! Up in the garden, the world is full of green—leaves and sprouts, growing vegetables, ripening fruit. But down in the dirt exists a busy world—earthworms dig, snakes hunt, skunks burrow—populated by all the animals that make a garden their home. Plus, this is the fixed format version, which will look almost identical to the print version. Additionally for devices that support audio, this ebook includes a read-along setting.

To Purchase: https://shopcrazywisdom.indielite.org/ebook/9781452144191

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Cover painting by Brian Taylor

Thank you to our contributors for this issue:

Brenda Oelbaum
Brian Taylor
Tchera Niyego
Joan Skolimowski
Carol Karr
Jennifer Carson
Bill Zirinsky

Art by Jennifer Carson

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

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What's Up In Our Community

with Artist & Activist Brenda Oelbaum

Brenda Oelbaum is an artist, independant curator, and feminist activist. She is the Regional Coordinator for the feminist Art Project-Michigan and a past president of the National Women's Caucus for art.

The Venus of Willendorf is an approximately 25,000-year-old sculpture of a well-endowed woman. What is it about this sculpture that spoke to you?

At the time I first became aware of the Venus of Willendorf, (probably in a high school art class), she was the oldest known hand made object that represented the human form. Bulbous, beautiful, and balanced. She was awe inspiring. Compact and complete. But it wasn't really her existence that drew her to me, but how her meaning has evolved over the years. It has been suggested that when she was found near Willendorf, Austria in 1908 the archaeologist called her Venus in mock irony because she was the opposite of what was considered the divine feminine at the turn of the century. In the 1960's and 70's she became a feminist Icon, her existence implied that there was once a matriarchal society, her large voluptuous form added credence to feminists' arguments against institutionalized beauty standards like those espoused by the Miss America Pageant, and she continues to be used to promote size acceptance, fertility, and the earth mother. Unfortunately, most recently her image has come to illustrate essays on diabetes and the consequences of being "overweight." The International Congress on Obesity gives a Willendorf Award for outstanding clinical research related to obesity. Her image has become a vehicle of an increasingly fat-phobic society. My intention is to take her back and restore her to her original beauty.

Why do you think that there was a shift in beauty norms from plump and healthy to thin and wispy? When did this shift occur?

Beauty standards are always changing and evolving. In the late 1800's being fat was a sign that you were doing well financially. When women joined the work force during the war efforts, they were wearing work clothes made in standardized sizes and this increased attention to who fit into what size. For a long time, fat women were ignored by the fashion industry, but now there is a realization that there is money to be made when most of the people who need to be clothed do not fit into the clothes that are being produced. If you are on the different social media sites now you can find a much greater diversity in what is considered beautiful these days. There is a new focus on individuality and

uniqueness. When we can appreciate our differences over our similarities, I think we will be much better off.

When people say the word "diet", most people think of restricting certain foods. How can we change our perspective on this word so that it means the food we consume instead of avoid?

Well, you can't spell "diet" without "DIE" but seriously, I am not worried about changing the meaning of the word, I am against food restricting and the diet industry as a whole, even programs that say they are dealing with the psychological aspects of healthy eating rather then the physical food…are still diets… NOOM is a diet…I read that on Instagram and laughed. I am more interested in neutralizing the word FAT. It is still considered an insult, with lots of negative connotations. It is a good descriptive word, it describes my body, but says nothing about my work ethic or what kind of person I am. I think the word fat should be reclaimed. I'm not fluffy, or big boned …. I'm fat. It's a fact, I'm a fat feminist activist artist. Actually, it's kind of like the word Feminist, men try to make it about them, suggesting that a feminist is a man hating women, ball busters, angry, loud-mouthed beotch…. But NO it just means a woman who supports other women and who is talking about issues that are relevant

to women. Not everything is about men, and how they relate to the world. Of course, men can be feminists, but they know, for once, it's not about them.

What's next for the Venus of Willendorf project and how can artists get involved?

I took four years off of the Venus of Willendorf Project to have a temper tantrum about Donald J. Trump but now that he is gone, I am excited to be getting back to my work about the diet industry and body image. I recently completed an essay about my work that is now in peer review for an upcoming special art issue of the Fat Studies Journal. *The Visual Resistance of The Venus of Willendorf Project 2005-2021* is about my project and how it has evolved from its inception to today.
Due to the pandemic this is the second year I will not be actively doing a public performance for International NO DIET Day on May 6th. No matter what passion or poison has affected my artistic mind, I have tried to do some kind of social practice intervention in honor of the day. My most extravagant being placing an ad for diet books in the National Enquirer in 2013. Although I got more love letters from prison then diet books, I do have the bragging rights that I appeared naked in a national tabloid.
I'm still collecting diet books, I'm always collecting diet books, if people have them on their bookshelves and want to make room for a good novel, picture of the family, or even a cat figurine…let me know I can come and pick up your unwanted diet books to turn them into art.

What kind of art are you making now, and did the pandemic influence any new artworks?

As I said I have put several large projects on hold due to the pandemic, but I have still been busy. I have taken part in several art collaborations, one out of Los Angeles called Shoebox LA Call and Response. Artists are blindly partnered with another artist and for two weeks they exchange art every 24 hours in response to their partner's piece. I have gone maybe nine rounds of this back and forth, getting to know many different artists and art practices. You can find the galleries online here https://shoeboxarts.com/tag/shoebox-call-and-response/
Last spring, I participated in an international game of Telephone, with artists from all over the world.
TELEPHONE is just like the kids' game. A message is whispered from one person to another and changes as it is passed. We whisper a message from art form to art form. A message could become a painting, then music, then poetry, then dance. We whisper each finished work of art to multiple artists so the game branches out exponentially. Halfway through the game, we reverse the process. We start assigning multiple artworks to a single artist. We ask each artist to find what the works have in common and to create a translation of that into their own art form. So — TELEPHONE begins with one message, passes that message through more than 900 artists from 72 countries and then concludes with a single artwork.

Choose your own path through this exhibition. There are hundreds and hundreds of pathways. Wander through the show in one direction and then try a different route. Get lost in it! But know that every single art work in TELEPHONE is related, sometimes distantly and sometimes directly. It is possible to think of these hundreds of individual original artworks as a single work of art by artists from 488 cities around the planet.
There were several other artists from Ann Arbor involved you can check it out online at www.phonebook.gallery. The other Ann Arbor Artists who participated are musician/ song writer Judith Banker, sculpture artist Barbara Melnick Carson, and painter and curator Mia Risberg. Patricia Izzo, a fine art photographer from Wyandotte passed way a month ago of cancer but was also a participant.

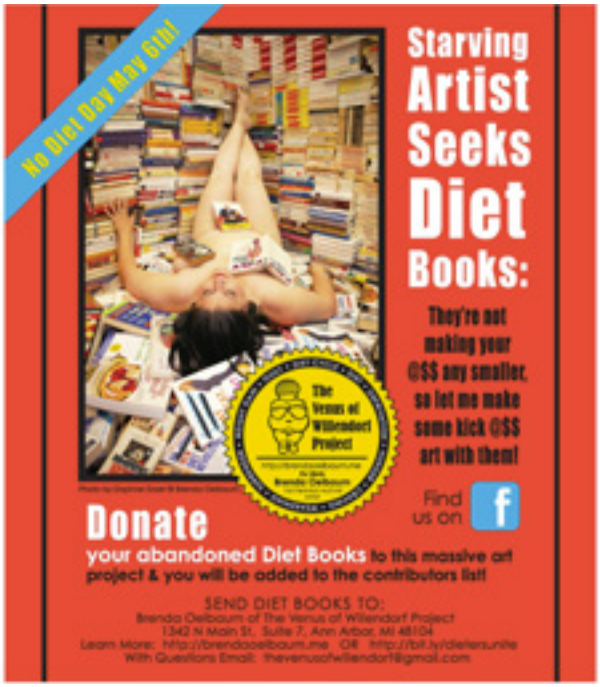
Can you tell us more about No Diet Day?

As I mentioned above, May 6th in International No Diet Day. Founded in 1992 by the British feminist Mary Evans Young, it is a day to put away your scales and form a new relationship with the person in the mirror. For many people unattainable body standards and pressure have prompted eating disorders, low self-esteem, bullying, and unhealthy restrictive diets. The global movement has helped many individuals form a healthier relationship with food and their bodies, so have a piece of cake without beating yourself up.

If cake isn't your thing, here are some things you can do to honor the day:

- If you weigh yourself every day, take the day off and don't step on the scale.
- Make an effort to not talk about your diet, what you are eating and what you are not eating.
- If you count calories, just for a day, let it go.
- Just for the day don't use diet, low calorie, or lite products.
- Or the best one of all, donate all your old diet books to the Venus of Willendorf Project! You can participate by contacting me via email and we can make arrangements for me to collect the books.

Please feel free to contact Brenda via email brendaoelbaum@gmail.com. Learn more about National No Diet Day at daysoftheyear.com/days/no-diet-day/.


No Diet Day May 6th!
Starving Artist Seeks Diet Books:
They're not making your @$$ any smaller, so let me make some kick @$$ art with them!
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Drawing On A Heart Connection Through Painting

By Brian Taylor

One of the remarkable things about art is its ability to guide us beyond a literal perception of the world. A painting can powerfully express an emotion, or a whole universe; whether the style is basically realistic, or abstract. All styles have value; but I want to discuss some of the aspects of abstract art. It can be challenging to paint without creating a picture with objects that appear to be realistic. When we are in a Western, no nonsense frame of mind; that's what we see. It is easy to become wedded to strictly figurative representations. One of the drawbacks of pictorial painting is that it can start a narrative that draws the artist into a constricted creation that is limiting and lacking spontaneity. Not that abstract art is fully unrestrained. A lot of abstract paintings have been created with a specific theory in mind. They may be abstract, but they were methodically thought out, often in a painstaking process. One example is Op Art (optical art is abstract art hat uses optical illlusion).

When choosing to go abstract, the blank canvas can be quite daunting. Especially if you are not clear as to what exactly you're going to represent and how you are going to do that. You may want to convey a spiritual or transcendental experience. One can convey an emotion or a general sense of awe. You can start out with a question about your life. One can ask for inspiration from spirit guides, and still the blank canvas sits impassively.

I want to delve into an approach where painting is an intangible process that allows patterns to develop as you go along. Painting is a way to communicate non-verbally, and more abstract art is a fertile gateway to the unconscious. Just as dreams are the "royal road" to the unconscious, painting symbolically or surrealistically opens doors to our spiritual and psychic selves. The manner in which I paint is a very nonlinear form of communication. It does not draw upon a narrative, nor is there evidence of causality. One gets a legible expression which is not mediated by cause and effect. It is an approach to painting that values chance, at least that which we like to refer to as chance. It is a coincidence of actions in space and time to produce a record in paint on a canvas. One could say that it is a painting session of synchronicities.

With abstract painting, I can be less intentional in terms of an overriding theme, and see what themes seem to emerge. This is also a record of my psyche in a certain space/time context. Each brushstroke can be seen as the indication of a certain moment at a certain point of reference, all in the context of my subconscious self. If one of my paintings does not prompt linear thinking, the painting can hit you all at once. This often happens when we have a transcendental experience: we see that it is all One. It hits you all at once.

There are so many diverse ways to explore the life of the spirit; and for me, painting is definitely one of them. I establish a heart connection to my inner self through art. However, since my approach to painting is mediated by my psyche, this can create a rabbit hole for me. By that, I mean an idea or judgement that constricts the process. When giving up figurative painting, I may release parts of myself that feel like they are out of control. Of course, for me, letting go of control is the point. There are images that can seem angry, or a bit crazed; and they can be very cathartic. I know that emotions simply exist, and are not bad in and of themselves. For example, an image may evoke a powerful sense of destruction or dissolution. Inherent in life are the processes of creation, maintenance, and dissolution. To my civilized mind, rampant destruction seems a bit premature, as in pushing the cycle too fast. Alternatively, I may just be evoking the spirit implicit in an earthquake. I need to be compassionate with myself.

When I lay down paint; if it's a decent painting, I have left an intimate part of me on the cavas. That is a deeply satisfying way to share myself. If I want to share it publicly, I need to be comfortable with the idea of people taking their time considering what I have chosen to reveal. When we see a great painting, we get a glimpse into the artist's soul.

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The spring issue of
The Crazy Wisdom Community Journal
is almost here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara Des-Jardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

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From our Blog

~The Art of Mandala~

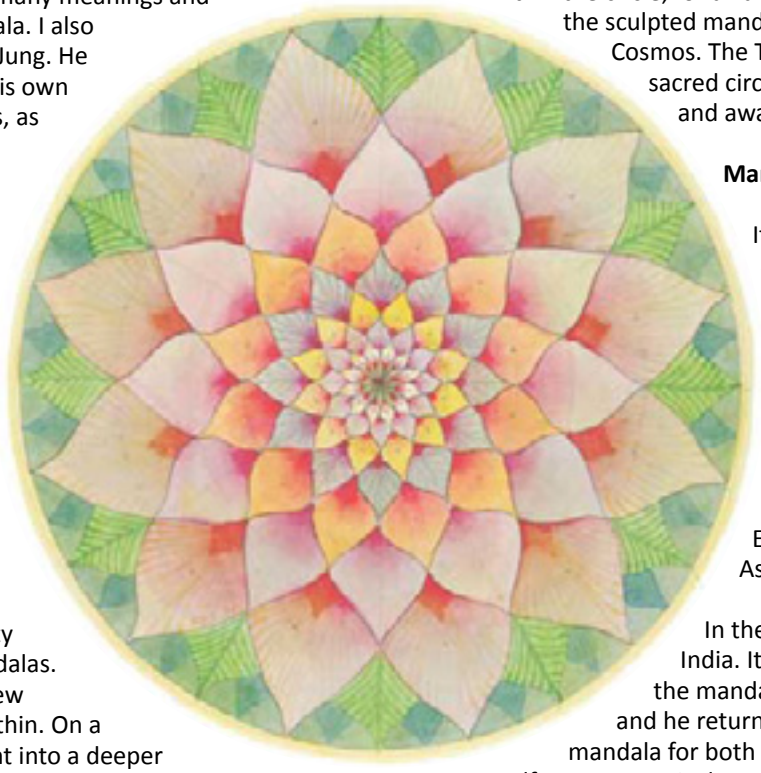
INSPIRATION AND INSIGHT FOR THE INNER ARTIST

By Joan Skolimowski

How the Art of Mandala Found Me

It was a happenchance meeting with Phoebe Williams, an artist in Brisbane, Australia, in 1997. In sharing our love for art — I'm a sculptor, and she's a painter — she described a course she was teaching on the Art of Mandala. She suddenly became quiet, looked at me in a knowing way, and declared: "You are going to teach mandalas, and I will give you all the help to do that." And she did!

While living in Greece, Poland, and India, I spent the next two years further studying the many meanings and approaches to creating a mandala. I also researched the writings of Carl Jung. He created mandalas to facilitate his own personal growth and awareness, as well as to help in his work with patients. Only then did I begin to teach this course on the Art of Mandala, and I've now taught it in Sweden, Finland, Switzerland, Greece, Poland, India, and the United States.



Each culture had its own distinct articulation of the mandala based on its unique mythology and view of the Cosmos. Thus it was a very different cultural experience to teach in each country. The joy for me in sharing the mandala process was seeing the creativity emerge through students' mandalas. Students' eyes lit up seeing a new expression of art come from within. On a deeper level, many found insight into a deeper part of themselves and a reverence for the Art of Mandala.

What Is the Meaning and History of the Mandala?

The word 'mandala' is familiar to many people, and yet it may not be well understood. It has had many purposes, and for each purpose it has its own form and meaning — for meditation, artistic expression, or connecting with the inner self.

Mandalas have been used in various ways by ancient and native peoples in many parts of the world, representing sacred wholeness or significance. Prehistoric humans, going back many millennia, represented the circle as a symbol, within which resided a potent spiritual meaning to the individuals and community.

The Sanskrit word 'mandala' means a sacred circle or circular diagram. It was used for shamanistic rites so that tribes/communities could connect with a holistic sense of the divine with all of the Cosmos.

Creating mandalas is still practiced around the world today in some native cultures. The Navajo continues to make the sand mandala with its symbols of life and fertile land. The Indian pilgrim meditates on the Yantra, a geometric triangular design within the circle, for awakening, or he circumambulates the sculpted mandala in representation of the Cosmos. The Tibetan monk meditates on the sacred circle of the Thangka for insight and awakening.

Mandalas in Western Culture

It was the English anthropologists and linguists that explored the Indian and Tibetan cultures in the 18th and 19th century. By learning ancient Sanskrit and Tibetan, they could begin to delve more deeply into the spiritual cultures and their symbols. The mandala form came to Europe in collections of the Asian spiritual cultures.

In the 1920s, Carl Jung traveled to India. It was here that he discovered the mandala. It made a deep impression, and he returned to his home and used the mandala for both creative expression and deeper self-awareness. Carl Jung said: "Mandalas symbolize a safe refuge of inner reconciliation and wholeness." After coming to understand the process in his own work, he began to guide his patients in using the mandala for deeper insight and expression.

Read the rest of the article online!

From Issue #76

THE ART OF *Sangchen Tsomo*

By Tchera Niyego

"Dreams in Blue and Green"
"Sometimes I am a woman, sometimes a man. Sometimes I am twilight, sometimes I am dawn. I wear these cloths for you, my friends, so that we might share a moment."
—Sangchen

Born in Indiana, college at University of Michigan, it was not until her mid-20s that Sangchen Tsomo encountered the Tantric Buddhist path as taught at the Tsogyelgar Dharma Center, which has been located for more than two decades on a beautiful piece of farmland a few miles west of Ann Arbor. (See the *Crazy Wisdom Community Journal* cover story on Tsogyelgar in Issue 64, the Fall 2016 issue, available on our Archive at: crazywisdomjournal.com.)

In the ancient Tibetan tradition of yogis and yoginis, she walked away from the ordinary world to spend more than 13 years in solitary mountain retreats. By the criteria of her Buddhist community, she is considered to have accomplished "all the stages of the esoteric way" and to be living in the "profound state of wisdom spoken of in the sacred texts."

A master of the ancient healing practice of the Vajra Armor tradition, an Afro-Cuban conga drummer, a painter, and maker of found object art, Sangchen has produced six CDs of music with her group *Just a Tourist* and four CDs of solo Afro-Cuban pieces. All of these can be found on Spotify. Sangchen has also produced several hundred works of art, both paintings and small magical boxes that are tiny worlds unto themselves.

Sangchen still spends much of every year on retreat in the West Virginia mountains and the rest in Ann Arbor making music, playing with her Rottweilers and helping to guide friends in their spiritual practice. Twice featured on the cover of the New Collectors Book, Sangchen's works also occasionally appear in shows and in private collections. Much of her art can be seen on her Tumblr page *Nobody Daughter of No One.*

"Sarah-la-Kali"
Black Sarah, patron saint of the Romani people.
The center of her veneration is Saintes-Maries-de-la-Mer in Provence, France. Every year the Romani gather from all over to carry her sacred statue into the ocean.

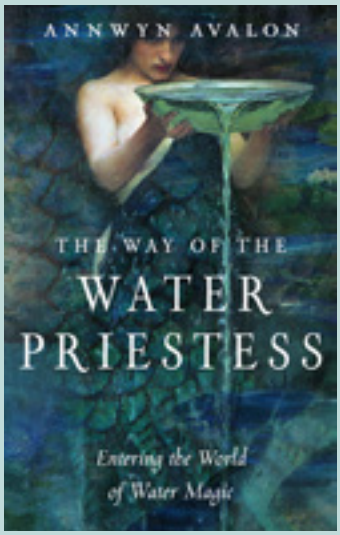
"Inayat Khan on the Edge of Revelation"
Music is a profound mystery disrupting ordinariness. Music has the possibility of changing ones very state of mind, transforming and transporting.

"Shirdi Sai Baba"
"The world is made of mystery. The mind's concepts attempt to reduce this to something knowable, a piece of knowledge, but it is irreducible bright wonder. Living this knowing is the body's purpose- it changes the world."
—Sangchen

"We are the Dreams of Wisdom"
We are the mytho-poetic dreaming, the expressiveness, of a divine mystery. We are bioluminescent wonderment seeking to realize its full meaning.

"The Circus Came to Town"
Painting of Alexander Calder who once said, "About my method of work: first it's the state of elation." Art reveals the meaning quality of one's life and shares this with others.

Crazy Wisdom Book Pick of the Week



The Way of the Water Priestess

Purchase your copy of The Way of the Water Priestess at shopcrazywisdom.com.

By Annwyn Avalon

A hands-on guide for witches, pagans, and others who are drawn to the magic of water for healing and protection.

The Way of the Water Priestess is a practical guide to the magical power of water and its resident spirits and how to use that magic for both self-empowerment and in the service of protector of water in all its forms. Written by the founder of Triskele Rose Witchcraft, the book offers a guide to revive the ways of the water priestess—to make water sacred again. This is not a new practice; women have tended the sacred waters since antiquity.

Readers of The Way of the Water Priestess will learn all the aspects of water magic: historical and archeological information about rites and rituals, and women's role in relationship to water, the lore of water goddesses from various cultures around the world, how to form an intimate connection with water in all its forms, moon rituals, sacred bathing, and oracular and ritual arts, and how to become a sacred vessel of water.

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The Crazy Wisdom weekly Calendar

Aromatherapy and Essential Oils

Essential Oils Made Easy with Julie Sottek • Wednesdays, beginning May 5 • 6:30 p.m. • Learn empowering, natural solutions to health and wellness for the whole family in a live 30-minute Zoom class. Learn the must-have top 15 essential oils that handle 85% of your health concerns for a vibrant life! We will cover what essential oils are, where they come from, and how to ensure a certified pure tested grade. Learn 3 basic application methods. This class is for the new and experienced oil users. Request your complimentary oil sample to try before class. Register at dragonflydeo.com (Schedule Services, Essential Oils) for the class link. Free. Contact Julie Sottek at dragonflydeo@gmail.com or dragonflydeo.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays: May 10 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Precious Human Life - Rare and Hard to Get (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, May 1 • 9:00 a.m. • Taking our life for granted, we waste precious time. This workshop focuses on appreciating the opportunities of a spiritual life and making life meaningful. $25 Jewel Heart Members / $30 Non-Members. No one is turned away due to financial considerations. For more information, call Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, go to the Jewel Heart website at jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays from May 2 to August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Live Stream Sunday Service with Haju Sunim, Maum, and Hayeon • Every Sunday, beginning May 2 • 10:00 a.m. • Join us every Sunday for meditation and a dharma talk at https://bit.ly/a2zenyoutube. By donation. Contact the Ann Arbor Zen Temple for more information at 734-761-6520 or visit zenbuddhisttemple.org/annarbor.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: May 2, May 16 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Clockwork Science: Kalachakra Vision for Awakening Humanity, Society, and the Planet with Joseph Loizzo, MD, PhD • Wednesday, May 5, 12, 19 • 7-8:30 p.m. and Saturday, May 22 • 10-5 p.m. • This course explores the radically positive vision of our human future offered by the great Unexcelled Yoga Tantra system of Kalachakra, the Wheel of Time (or the Clockwork Process). It compares the ancient tradition of meditation with modern scientific discoveries aimed to expand the participants' spiritual practice in light of the Kalachakra's vision of how personal transformation naturally accelerates positive interpersonal, social and planetary evolution. $135 Jewel Heart Members or Nalanda / $160 Non-Members. No one is turned away due to financial considerations. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, go to the Jewel Heart website at jewelheart.org.

Celebrations

A Mother's Day Celebration • Saturday-Sunday, May 8 • 1-3 p.m. or 6:30 - 8:30 p.m. • Join us for a joyful celebration of motherhood and the divine feminine in all stages of life.
*Saging Ceremony
*Guided Meditation
*Gentle Movement
*Sacred Sound
$75 per person at Verapose Yoga & Meditation House. For more information and to reigster visit veraposeyoga.com.

Channeling

Event with Spirit - Remembering Wholeness • May 16 • 2 p.m. • Remembering Wholeness is an opportunity to experience the sharing of energy with The Mother channeled through Barbara Brodsky. The Mother invites us to experience the deeper truth of ourselves. For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Event with Spirit- • May 19 • 7 p.m. • An open session with Aaron and Barbara Brodsky. Aaron gives a talk, followed by Q&A. Aaron's talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound and Open Heart.For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom• Monthly on First Tuesdays, May 4 - August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • May 22, 23 or Jul7 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Energy and Healing

Heightening Your Vibration: Alchemy with Karen Greenberg, R.P.T. and Certified Essence Repatterning Practitioner • Sundays, May 2, 23 • 1:30 p.m. • Some people have become depressed with the Covid-19 isolation. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it -- including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning, Names of G-D, Archangels, Masters of Light. $110. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Meditation

Chakra Meditation: Online Sound Bath with Rob Meyer-Kukan • Sunday, May 2 • 7:00 p.m. • Chakras are thought to be spinning disks of energy that should stay open and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being. This sound bath meditation will aid the listener in finding balance and calm. This sound bath meditation is a donation-based model. If moved, you may do so here: https://paypal.me/robmk. To watch/listen to this sound bath meditation, visit youtube.com/robmeyerkukan. FREE. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com/.

Chakra by Chakra Meditation and Health with Ema Stefanova E-RYT, C-IAYT • Sunday, May 9 • 9:30 a.m. • Chakra Therapy has been our specialty. Guided meditation will be practiced, the chakras (energy centers) will be explained, as well as how each chakra governs body, mental, and emotional functions. Great visuals will be available for purchase at the end of the session. Contact Ema at YogaAndMeditation.com.

Retreats

Purposeful Pivots "Movement is medicine" Spring Retreat • Saturday-Sunday, May 21 • 8 a.m. • This year was trying for many of us, but wouldn't you LOVE the opportunity to feel a renewed sense of stability? During our retreat we will ACTIVATE our potential to call any emotional response we desire to feel into our reality! We will MOVE the emotions and SHED what was, NOURISH our nervous systems, EMBODY our ability to know peace and ALLOW ecstatic joy through movement of the body, breath and the soul. Join us for a weekend of MOVEMENT MEDICINE Circle up with your fellow sisters to experience many forms of movement including Yoga, Nia, World dance workout, drumming, meditations, freedom of expression playshops, tribal belly dance, Buti Yoga, Afro-core energizer, laughing yoga, an offering prayer ceremony, and so many more sacred treasures! Visit : "Purposeful Pivot Goddess Retreats" on Facebook to get connected or email coachjulie@kouyatehealingarts.com.

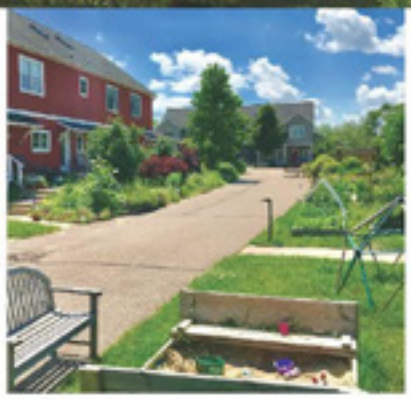
JissoJi Half-day Sitting with Marta Dabis • Monthly, second Sundays: May 9, June 13, July 11, August 8 • 8:20 a.m. • Traditional Zen meditation in the lineage of Shrunyu Suzuki. Three rounds of 40-minute sitting with 10-minute walking, followed by a Dharma talk by a guest teacher. Joining for part of the program.is also available. Donations accepted. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Shamanism

Shamanism, Death & Dying with Connie Eiland • Saturday, May 1 • 10:00 a.m. • This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach this transition. Psychopomp and ceremony are included. $180 until April 17 when price increases to $220. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Journeying Circle with Judy Liu Ramsey• Monthly, every first and third Thursday, beginning May 6 • 7:00 p.m. • Join others in shamanic journeying to explore current topics and to achieve

TOUCHSTONE



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Spiritual Development

A Course in Miracles Study Group (via Zoom) with Interfaith Center for Spiritual Growth • Every Monday beginning May 3 • 6:45 p.m. • The book, written by Helen Schucman, is based on the idea that the greatest "miracle" is the act of simply gaining a full "awareness of love's presence" personally. The author asserts the work was dictated to her directly from Christ. Explore the course as a group. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270. interfaithspirit.org

Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • Second Thursdays: May 13, June 10, July 8, August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • June 15, or August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution.Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Writing and Poetry

Crazy Wisdom Poetry Series hosted by Edward Morin , David Jobson, and Rainey Lamey • April 28 • 7-9 p.m. Celebrate National Poetry Month! Members of the peer-driven writer's workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. They are Joseph Kelty, David Jibson, Edward Morin, Loraine Lamey, Lissa Perrin, Greagory Mahr, Dana Decer, and others. All welcome via Zoom. Email cwpoetrycircle@gmail.com for zoom link. Registration for open mic starts at 6:45 p.m.

Poetry With Jihyun Yun "Some Are Always Hungry" Online Event with Jihyun Yun • Tuesday, April 27 • 6:00 PM • Winner of the Prairie Schooner Book Prize in Poetry, Some Are Always Hungry chronicles a family's wartime survival, immigration, and heirloom trauma through the lens of food, or the lack thereof. Jihyun Yun will read poems from the book, share the background to her writing, her experiences publishing with small press, and take questions from the audience. $5. Contact meetup.com/Write-On-Ann-Arbor/events/277081090/.

Yoga

Intro to Yoga (Six-week course via Zoom) with Michele Bond • Beginning May 3, Mondays • 6-7:30 p.m. • Always wanted to try yoga? Then this class is for you! Join us for an introduction to this beautiful art and science of yoga, and the many ways we can use our practice to enhance all aspects of our lives. Classes are on Zoom, with instructor observing and offering individual attention. Time for questions and conversation after class. $84 for 6 weeks. Contact Michele Bond at 734-358-8546 or michele@yogahouseannarbor.com; yogahouseannarbor.com.

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga for All Levels (online) with Sue Salaniuk • May through August • 9:30 a.m. • Yoga taught for everyone regardless of experience. Classes are online, individualized and students are helped to progress at their own pace. $98/7 weeks or $15/class. Contact sue@yogaspaceannarbor.com.

Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m. • Yoga for beginning students or those who wish a more supported approach. $98/week or $15/single class. Contact sue@yogaspaceannarbor.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

Send your listing in here.

We do not
see things
as they
are,
we see
things as
we are.
Anais Nin